

TEA PERKS UP MORE THAN YOUR MOOD IT'S PERFECT WITH — AND IN — FOOD (page 12) BOY MEETS GIRL BOY LOSES GIRL, BOY WISHES HE NEVER MET GIRL (page 9)



MILEY'S INK
IT'S A FAMILY
AFFAIR
DISH (page 10)

ottawa etres etres

Monday, February 7, 2011 www.metronews.ca



News worth sharing

Deck fire forces family to flee

Suspicious fire only damaged building exterior before flames were extinguished ▶ Police closed Simard Avenue between Mary Jane Crescent and Brousseau Crescent

The Ottawa police arson unit is investigating a fire in the city's east end, which started on the front deck of a house and forced the evacuation of a

76-year-old woman, her 26-year-old grandson and his girlfriend early Saturday morning.

The grandson heard windows break-

ing from the heat at 1843 Simard Dr. and woke his grandmother. They escaped unharmed

Ottawa firefighters put out the blaze,

which caused \$50,000 in damage to the building and another \$20,000 to its contents.

STEVE COLLINS



Artfully carved ice takes the prize at Winterlude

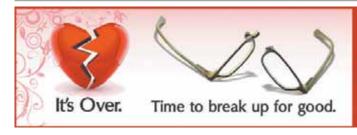
A Google first

Talk like an Egyptian

◆ Programmer's Twitter workaround Speak2Tweet becomes part of uprising {page 7}

Soccer balls level the field

Fair-trade business funds aid for Pakistani workers (page 14)



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InSecurity spies keep Rideau Canal secure with deputy mayor

Set in Ottawa, InSecurity is CBC Television's new comedy series from the producers of the hit series Corner Gas. It's about the men and women of the fictional National Intelligence and Security Agency (NISA) who keep the nation "safe-ish." Natalia Lisinska (who appeared in Young People F---ing and Chloe) stars as team leader Alex Cranston. The InSecurity cast joined the stars of Republic of Doyle, Little Mosque on the Prairie, Heartland and other CBC shows at special Winterlude appearances Saturday.

Questions remain as Iranium debuts

Many queries still unanswered after controversial film cancelled National attention paid to cancellation led to sold-out show, says Free Thinking Film Society president



Free Thinking Film Society president Fred Litwin was pleased to finally premiere the controversial film Iranium last night, but said he will file an Access to Information request to find out why it was originally cancelled

"I've got to find out. I

really still don't know what happened," he said.

screening was The scheduled at Library and Archives Canada but was called off twice after a complaint from the Iranian Embassy in Ottawa and reports of protests prior to the premiere.

"I'd like to know exactly what the Iranian Embassy said on the Monday or the weekend, what was the nature of the protests,

Bridgestone

or the threats on the Tues-

day."
The film, produced by Canadian-Israeli filmmaker Raphael Shore, criticizes Iran's ongoing nuclear program. While Litwin applaud-

ed Heritage Minister James Moore, for immediately opposing the decision to cancel the film, he still wants to know what happened between his ofand Library and "I don't know whether (MP James Moore) told them to show it or whether the Archives realized it was the right thing to do to show this film."

FRED LITWIN, FTFS PRESIDENT

Archives. U.S. intelligence expert Clare Lopez was in-

vited to the January premiere and said she is also in the dark about what happened.

"I applaud Minister Moore and the entire Canadian government for taking such a strong stand on the rights and the principles of a free so-ciety like Canada's," said Lopez, who returned to Ottawa yesterday for the screening and a discussion session.

IRELLI





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On the web at metronews.ca



Middle East unrest remains front of mind for investors ahead of new market week. Video at metronews.ca

DUNLOP



WYOKOHAMA TIRES

No ouster yet, but reform promised

• Concessions placate without giving in to unified opposition's demand — Mubarak's immediate resignation

Egypt's vice-president, Omar Suleiman, met a broad representation of major opposition groups for the first time yesterday.

Suleiman offered new concessions including freedom of the press, release of those detained since antigovernment protests began nearly two weeks ago and the eventual lifting of the country's hated emergency

Two groups in attendance said this was only a first step in a dialogue which has yet to meet their central demand the immediate ouster of longtime President Hosni Mubarak.

"The protest continues because there are no guarantees and not all demands have been met," said Mostafa al-Naggar, a protest organizer and supporter of

Mohamed ElBaradei, a Nobel Peace laureate and one of the country's leading democracy advocates.

"We did not sign on to the statement. This is a beginning of a dialogue. We approve the positive things in the statement but ... we are still demanding that the president step down."

The outlawed Muslim Brotherhood, the country's largest opposition group, made a similar statement

Suleiman offered to form a judiciary committee to study proposed constitutional reforms that would allow more candidates to run for president and impose term limits on the presidency, the state news agency reported. The committee was given until the first week of March to finish the tasks.

The offer also included a

"We are still demanding that the president step down."

MOSTAFA AL-NAGGAR, PROTESTER

pledge not to harass those participating in antigovernment protests, which have drawn hundreds of thousands at the biggest rallies. The government agreed not to hamper freedom of press and not to interfere with text messaging and Internet.

The meeting drew the broadest representation of Egypt's fragmented opposition to sit with the new vice-president since the protests began on Jan. 25. THE ASSOCIATED PRESS



Caught a cold one

Dozens flocked to ponds on the outskirts of the Romanian capital, Bucharest, taking advantage of the warmer weather to enjoy a weekend of ice fishing.

Twin girls missing after father's death



Police in Italy, Switzerland and France searched for six-year-old twin girls yesterday. They disappeared after their father died in an apparent suicide.

The body of Matthias Kaspar Schepp, 43, a Canadian-born resident of Switzerland, was found by a railway station near the southern Italian port city Bari shortly before 11 p.m. on Thursday, according to Swiss police in the canton (state) of Vaud.

Authorities believe Schepp, who was separated from his wife, threw himself under a train. Police in Switzerland, Italy and France are searching for the twin girls, Alessia and Livia, who lived in Lausanne with their mother, Irina Lucidi, 44. THE ASSOCIATED PRESS

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I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		
I am having trouble concentrating		



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This Employment Ontario program is funded by the Ontario Government







An estimated 40,000 armed security contractors are currently operating in Afghanistan

Canada spent more than \$41 million on hired guns in Afghanistan over four years, much of it going to security companies slammed by the U.S. Senate for having warlords on the payroll.

Both the Defence and Foreign Affairs departments have employed 11 security contractors in Kabul and Kandahar since 2006, but have kept quiet about the details.

Now documents tabled in Parliament at the request of the New Democrats provide the first comprehensive picture of the use of private contractors, which have been accused of adding to the chaos in

A Kandahar warlord, with links to former governor Gul Agha Sherzai, earned \$2.5 million since 2008 providing security outside of the provincial reconstruction base.

Afghanistan.

The records show Foreign Affairs paid nearly \$8 million to ArmorGroup Securities Ltd., recently cited in a U.S. Senate investigation as relying on Afghan warlords who in 2007 were engaged in "murder, kid-napping, bribery and antiCoalition activities."

The company, which has since been taken over by G4S Risk Management, pro-vided security around the Canadian Embassy in Kabul and guarded diplomats.

Tundra SCA stands on guard for the Defence Department outside Canadian military forward operating bases and has collected more than \$5.3 million.

The U.S. Senate report included Tundra on a list of companies that poach staff from Afghan security forces something that has long angered President Hamid Karzai, who last year moved to eject all private security from the country. THE CANADIAN PRESS

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Unrest in Egypt to set tone on **Toronto market**

• Traders fear political unrest could spread to other oil-rich countries in the region

The tone on the Toronto stock market this week will likely be set by the commodity sectors amid volatile oil prices because of unrest in Egypt and

surging copper prices.
In a week of little new economic data, investors will also be looking to a string of earnings reports from Canadian and U.S. corporations.

Oil prices moved up as much as seven per cent last week, closing as high as \$92 US as traders worried the Suez Canal could be shut.

But there are doubts those levels can be sustained.

"I wouldn't be sur-

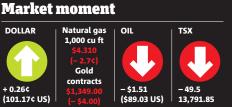
prised to see oil back trading under \$90 US (this) week, that's my own gut feeling," said John Kurgan at Lind Waldock, noting that oil prices bumped against the \$92 US level at the start of the year and then with the Egyptian

(101.17¢ US)

Gold

At the same time, Kurgan added that volatility in oil prices will likely continue.

"This is not something that's going to resolve it-self near term," he said. "This is fluid, this is going to take awhile to settle ' THE CANADIAN PRESS

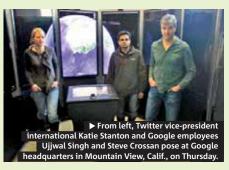


Job growth numbers inconsistent

Friday's news that 69,200 jobs were created in January seemed to come out of thin air. The previous month saw a more realistic 22,000 pickup, the month before it was 15,000. Before then, 3,000.

What is generally missing in the coverage of Statistics Canada's most important economic indicator is how wonky each month's number can be. Just last week, the agency had to revise down by 67,000 the number of jobs it had previously reported were created in the months following the recession. It also revised up. from 417,000 to 428,000, how many jobs were lost during the downturn. THE CANADIAN PRESS

A consensus of economists was way off they had anticipated a gain of only 15,000 jobs in January.



GOOGLE HELPS PEOPLE CONNECT AMID UPRISING

Even before his first day on the job last week at Google, Ujjwal Singh, 38, helped start an online service that enabled Egyptians to bypass government efforts to muzzle the protests there.

Google bought Ujjwal's startup Jan. 25, and a Google product team leader trying to figure out a way around Egypt's recent Internet blackout asked Singh for help before he reported

A weekend of brainstorming and

programming later, Speak2Tweet was born a service that lets people call a phone number and leave a message, then posts a link to the message to Twitter.

By the time Singh started his job last Monday, his service was part of the uprising.

"He designed, built and launched his first product before he started at Google, which is now our all-time record," says Steve Crossan, a Google product manager. THE ASSOCIATED PRESS



SPECIAL THANKS TO MONTFORT NEIGHBOUR

Urban Compass STEVE COLLINS

I'm not fond of hospitals, and I suspect I'm not alone in this. I don't associate them with good times, and the smell of the place brings back a distinctive mix of anxiety and boredom as soon as I enter.

recently moved into the neighbourhood of the Montfort, and the hospital can admittedly be a noisy neighbour, with its steady stream of ambulances.

Last week, though, when Kathryn, the owner of a heart that's exceedingly important to me, got sudden and frightening chest pains. I was endlessly grateful to have that emergency room right down the street.

As we sat in a curtained ER

bay removing the sticky electrode bits for one test and waiting for the next one, I had another familiar Canadian hospi-

tal feeling, the one you get when you remember that no matter what your worries in this moment, money isn't one of them. People without health insurance get chest pains and just wait for them

to go away. The Montfort is best-known as a French-language

hospital, and this important role it plays for Franco-Ontarians saved it from closure in the 1990s. As a unilingual doofus with bad high school French, I worried that communication

might be a problem. It was not.

There was evidently some minor misunderstanding during admission, though I have no idea

whether language was a factor. The first medical practitioner came by, looked at the chart and said to Kathryn, puzzlingly, "You don't look homeless." Thanks, doc.

Only a couple of years ago, the Montfort had an unwelcome distinction, the re-

gion's longest ER waits for complicated cases, 24 hours. After a \$1.8-million infusion of cash from the provincial government specifically to speed things up, and the completion last year of a \$300-million expansion, the hospital has improved dramatically, cutting that time down to 13

Still, wait you do.

We arrived at about 9:30 a.m. and we were out by 3:30 p.m., a relatively quick visit during which we received excellent attention, but as we killed time with other patients, some shared tales of their own marathon

A couple of days after our scare, we said hello to a familiar looking woman coming back from the local grocery store. After a moment, we realized she had been the one whisking Kathryn's gurney so swiftly and surely through the chaotic hospital corridors, providing reassurance and kindness all the

Thanks, neighbour.

Cartoon

U.S. FOREIGN POLICY IN THE MIDDLE EAST.



Celebrating celebrities

Letters & Tweets

Re: Celebrate Pay A Com-pliment Day (Feb. 6) by saying something nice about a celebrity you don't like.

@buzzbishop: I'd like to thank Speidi for showing true love knows no bounds when it comes to manufacturing news headlines. **@kimbowie:** I think that Lindsay Lohan is probably a really gifted, if misunderstood, linguist. @piccolacinzia: Nice thing about celebrities is they are keeping a lot employed in medical field due to their concerns about how they look!

@ken_donnelly: Paris Hilton has never picked her nose at our dinner table. @dizzypuma: Hmmm, this one's tough, Paris, even

Nice glasses

"I recently

moved into the

neighbourhood

of the Montfort,

and the hospital

can admittedly

be a noisy neighbour ..."



though you've been through so many crazy scandals ... I still like your hair ... #benice. @heatbagger: Paris Hilton, I

really love how smart you are. You are brilliant. @nsexport: Let's see, say something nice!! Oh, Mr. Bieber, I don't think it's ridiculous you have a movie about yourself already at 16.

@deasmom: I'm glad Justin Bieber isn't touring to #yyc very nice. @ajproc: Ricky Gervais is not the most annoying and unfunny comedian in the world !! **@johnnynovak:** Charlie Sheen I loved your

performance in Ferris Bueller's Day Off! Love, Johnny.

What buzzword would you like to see banned? **Email** ottawaletters @metronews.ca **Twitter** @metroottawa

Metro has the right to edit letters and submissions.

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Metro Minute at Money Smarts

Caught somewhere between that New Year's resolution to get a handle on your finances and the RRSP deadline at the end of the month? Why not check out Money Smarts: Looking After Your Money at the Ottawa Public Library?

This two-part seminar is aimed at young adults, newcomers, first-time

homebuyers and others who are trying to learn the basics of every day banking, credit and mortgages. Catch the first 90-minute seminar tonight at the library's main branch (120 Metcalfe St.) Part 2, which covers managing your money and investing wisely, is scheduled for next Monday. No registration is necessary. • metro





Rom-coms set to take over the tube

• Sorting out the glut of new romantic comedies that will hit the air in the coming weeks

TV listings are jammed with new romantic comedies (or "romcoms") set to air in the coming weeks.

The tricky part will be telling them apart. Here's a handy guide.

Perfect Couples (Thursdays on NBC and Citytv) Premise: Three couples,

all very different, strive for the perfect relationship. None come close.

Stars: Kyle Bornheimer (Worst Week), Christine (FlashForward), Olivia Munn (Attack of the

Show!) and Mary Elizabeth Ellis (İt's Always Sunny in Philadelphia).

From: One of the execuproducers behind Friends, Scott Silveri, who has more or less crammed new actors into old Friends characters and situations and done away with the studio audience.

Distinguishing feature: A fourth couple features a

Mad Love (Premieres tonight on CBS and CTV)

Premise: A comedy

about two New Yorkers who fall madly in love and their mutual best friends who despise each other (for now).

Stars: Jason Biggs (the American Pie movies), Sarah Chalke (Scrubs), Tyler Labine (Reaper) and Judy Greer (already a rom-

com regular).

Distinguishing feature: Has the most Canadians in (Chalke cast Labine).

From: Brother and sister Matt and Jamie Tarses; Matt was a producer on Scrubs, Jamie is a former

network executive who helped champion Friends (and is also among the producers of Happy Endings,

Happy Endings (Coming in April on ABC) Premise: According to

the trailer, "a classic story of boy meets girl, boy loses girl to guy on roller blades, becomes biggest YouTube sensation since kitten stuck in tuba." A woman ditches a groom at the altar but both remain tight among their posse of six friends.

Stars: Canadian Elisha Cuthbert (24) and Zachary Knighton (FlashForward), Wilson (Saturday Casey Night Live) and Damon Wayans Jr. (son of Damon Wayans, who will guest star).

From: Tarses and newcomer David Caspe.

Distinguishing feature: The only one of these romcoms with a person of colour in the cast.

Greatest advantage: Unlike the other two, guaranteed to still be around in April.
THE CANADIAN PRESS







The sci-fi smash Inception and the Social Network took top screenplay hon-ours Saturday night at the Writers Guild Awards. Inception writer Christopher Nolan, pictured, won for best original screenplay and The Social Network writer Aaron Sorkin won for best adapted screenplay. The awards were handed out by the Writers Guild of America in simultaneous ceremonies at the Renaissance Hollvwood Hotel in Los Angeles and the AXA Equitable Center in New York. THE ASSOCIATED PRESS





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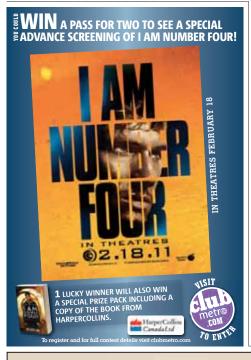


Tattoo No. 5 for Miley Cyrus

just got her fifth tattoo, according to People magazine.

The tattoo, on her side under her right arm, is of a dream catcher. "It's a picture of the dream catcher that hangs over her bed with four feathers to represent her four brothers and sisters," a source says.

METRO



Zac over Vanessa?

High School Musical star reportedly spotted dirty dancing with Aussie actress

Zac Efron seems to have moved on from Vanessa Hudgens, as the young star was spotted getting frisky with Australian actress Teresa Palmer after a screening of her new film, Take Me Home Tonight, according to E! News.

Efron and Palmer headed to an L.A. nightclub where they took to a VIP table for drinking, dancing and more.

"He was grabbing her butt and doing very suggestive dancing. Then they made out a couple of times standing up where they were dancing. I was surprised they were doing that in front of everyone. It was like they didn't care," a source says. "They were there for like an hour and left together."

METRO



Celebrity tweets



Kelly Osbourne
[@MissKellyO] i need

to get myself a new lap top none of my keys are working unless i hit them really hard.



Elijah Wood [Awoodelijah] Goodbye, White

Stripes. Indeed, your work will last forever. I shall miss you, Meg and Jack



Jim Carrey [@JimCarrey] The im-

myself on my homepage is slowly growing a dark beard.



Sarah Silverman [@SarahK Silverman]

bet most porn stars are pretty easy going.



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Debunking stuttering myths

◆ The King's Speech is winning praise from stutterers ◆ The speech impediment affects 70-million

A movie about a stuttering monarch, without sex, car chases or super heroes, hardly sounds like blockbuster box-office fare.

But in a less flashy way, The King's Speech is about a hero, one who battles an invisible enemy that torments nearly 70-million people around the world. In demystifying the lit-

In demystifying the little-understood speech impediment, the film reveals myths and fascinating truths about stuttering, and has won praise from stutterers of all ages.

For Erik Yehl, an 11year-old Chicago boy who began stuttering in preschool, the movie's message is, "I'm not stupid."

It's a stigma all people who stutter contend with — the notion that because their words sometimes sputter or fail to come out all, their minds must be somehow mixed up.

"People who stutter — their minds are perfectly good, and they're not deaf, and they don't need to be told to breathe.

"They know how to

"...There are some things that most people think will help, but they don't. I'm hoping this movie will fix that."

ADIAN HARDY, WHO STUTTERS

Stutter Sources

For more on overcoming stuttering, visit:

NIH:

nidcd.nih.gov/health/voic e/stutter.asp

 Stuttering Foundation of America: stutteringhelp.org

breathe. What they need ... is to be listened to," said Susan Hardy, who saw the film with her son Aidan, a

Chicago eighth-grader who also stutters.

Jane Fraser, president of the Stuttering Foundation of America, said the movie mirrors her experience growing up with a father who stuttered.

Malcolm Fraser formed the advocacy group in 1947 to raise awareness and provide resources for people who stutter.

"The impact for me was just bringing home 64 years of trying to get across to people how devastating this disorder is," Fraser's daughter said of seeing the movie.

Stuttering affects almost one per cent of the global population. It typically begins in early childhood as kids are learning to speak and is more common in boys.

About five per cent of children stutter, but most outgrow it. The condition



tends to run in families and genes are thought to be involved in some cases.

The scant brain imaging research done on the impediment has suggested that different kinds of brain activity occur when people stutter than when they speak fluently.

Scientists aren't sure why, and also don't know why different activities induce fluency among some but not all stutterers, said Ehud Yairi, a prominent University of Illinois stuttering expert.

Speech therapist Stephanie Hirsh says she learned to control her own stuttering partly by using a breathing technique to maintain a continuous flow of air while talking.

Hirsh also offers this advice: Let stutterers know they have all the time they need to express themselves, and that you really want to hear what they have to say.

Film up for 12 Oscars on Feb. 27

The King's Speech depicts King George VI, father of the Queen, as a reluctant leader tortured by his stuttering. But with a sense of duty as England confronts a Second World War, he musters the courage to seek speech therapy to calm an anxious nation.

The movie and its actors have already won Golden Globes and other honours.

B life

No revolution



The filming permit for chef Jamie Oliver's ABC series Jamie Oliver's Food Revolution was terminated this week, by the Los Angeles School District. A spokeswoman for the network said production would continue.

THE ASSOCIATED PRESS



Mark Zuckerberg's father: Support children's strengths with work, play balance.



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Give tea time a new meaning

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DINNER **EXPRESS**

An afternoon cup of tea is often the perfect pick-meup on a dreary day, but you don't have to brew a pot to enjoy its flavours. Creative cooks are putting tea into everything from salad dressings to main courses to desserts, and also using the beverage to enhance the flavours in their meal.

"We forget that we don't serve tea with meals that often, but tea pairings done all over the world," says Toronto chef Therese DeGrace.

"Cooking with tea is a very easy thing to do because you just want to enhance its natural flavours," says DeGrace, who has developed a series of recipes using Four O'Clock tea produced by the Quebec company Trans-Herbe.

Because tea comes from various locations around the world it's a great source of exotic flavours.

"You want to have tea blends that will stand up to whatever foods you're cooking with and that they well and that marry they're a good pairing," DeGrace says.

For instance, the chef and owner of the hospitality consultancy Kitchen Culture suggests pairing a rich beef bourguignon with black tea.

"The tea would set the stew up in a gorgeous way, the same way a Merlot would or something rich. You want something that's going to stand up to the food and bring out the natural flavours.

KISSING DEBATE

The Great Kissing Debate

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Do you like to kiss in public?

Many Canadians are tea drinkers. In 2009, the per capital consumption of tea in this country was 66 litres, or 264 cups for each Canadian, the Tea Association of Canada says on its website.

Tea is also regarded as a healthy drink. Research shows that naturally occurring flavonoids in tea have antioxidant properties, which may play a role in reducing the risk of certain cancers, heart disease and stroke, the Tea Association says

"I think people are tryto become more health-conscious," says De-Grace. "We all need to drink more water and tea is the second-best beverage next to water, so you're still going to stay hydrated but it's a little bit more interesting. THE CANADIAN PRESS

Tea Tips

Here are some ideas for pairing tea and food from chef Therese DeGrace, owner of Kitchen Culture.

Green teas

'They're great with spicy dishes because they've got a nice flavour that is going to mellow out the heat."

Rooibos

"A roasted pork would be perfect for rooibos chai because nork has a distinct flavour and the tea is going to cut it."

Peppermint

"It's strong enough to stand up to something really tart, so it is a wonderful pairing for a dessert such as keylime pie.'

Green Tea, Jasmine and Lo-

iasmine and lotus flower tea

that has been pulverized (re-

• 125 ml (1/2 cup) organic

full-fat yogurt
• 30 ml (2 tbsp) lemon juice

• 75 ml (1/3 cup) apple

· Salt and pepper, to taste

cider vinegar

vegetable oil

• 125 ml (1/2 cup)

tus Tea Dressing

· 1 sachet green tea.

Black Tea-Infused Poached Pear

Packed with natural flavour, this dessert is low in fat, yet sweet enough to cap a meal.

The pears are also poached, then diced and tossed in a salad, says De-Grace. They can be made ahead of time, which is great if you're having a crowd over for dinner. The flavours will also infuse a bit more.

Preparation:

- Infuse tea in boiling water for 6 minutes, then place in a large pot. Add remaining ingredients and bring to a boil, reduce heat to a simmer and add pears.
- Cover surface of liquid with a piece of parchment paper to prevent pears from being unevenly poached. Cook for 20 minutes.
- Carefully remove pears from liquid and set aside to cool. Return poaching liquid to the

stove and increase heat. Continue cooking over medium heat until liquid is reduced to the consistency of maple syrup and lightly coat the back of a spoon, about 40 min-

Serve pears liberally drizzled with poaching syrup, fresh mint and mascarpone cheese. CHEF THERESE DEGRACE

Ingredients:

- · 4 sachets tiramisu black
- · 2 l (8 cups) boiling water
- 250 ml (1 cup) sweet white wine
- 500 ml (2 cups) raw sug-
- · 1 cinnamon stick
- · 4 pears, peeled and cored
- 2 ml (1/2 tsp) nutmeg
- 1 star anise
- · Garnish: Fresh mint. kumquats and berries. mascarpone cheese

Tea up your salad

Ingredients: **Goddess Greens**

- · 250 ml (1 cup) pea shoots
- 500 ml (2 cups) spinach
- · 1 cucumber, finely diced
- . 500 ml (2 cups) shredded
- sunflower seeds
- · 250 ml (1 cup) radicchio

· 1 green apple, diced

- hearts of romaine 250 ml (1 cup) snow peas,
- cut thinly on a bias • 30 ml (2 tbsp) raw

Preparation:

- In a bowl, whisk together dressing ingredients.
- In a salad bowl. combine salad ingredi-

ents. Toss salad ingredients with dressing until well combined. CHEF THERESE DEGRACE







DAILY DEALS on the best 90% off in your city at up to

The water crisis

Experts are predicting urban water shortages are around the corner • Here are six water saving tips



By 2050, the number of human beings on Earth will have quadrupled in just 100 years. As global population continues to surge, fresh water is becoming an increasingly scarce -

precious — resource.

Compared to most other nations, Canadians use a vast amount of water well over 300 litres per person, per day. That's more than any other coun-try on Earth, except the United States.

Metro asked water-conservation expert Jerry Yudelson, author of Dry Run: Preventing the Next Urban Water Crisis, for six wise, effective ways to use less water more effectively.

Turn off the water when you brush your teeth.

"The first thing is to stop waste," Yudelson says. "When you're brushing your teeth or shaving, don't leave the water running. It's nothing dramatic, but it has a cumulative effect.

Install dual-flush toilets at home. These innovative

devices have two flush settings, depending on whether there is liquid or solids in the bowl.



"When I was growing up in the 70s we used to say 'if it's yellow, let it mellow," he notes.

Get a recirculating hot water system on a timer. This clever bit of

engineering eliminates the wait for hot water after you turn on the tap.

"It's a very simple plumbing intervention. Put a little pump on the water heater and – presto!"

Limit showers to four minutes. "I take threeminute showers," Yudelson says. "And I guarantee you I'm still clean. With teenagers, install a coin-operated meter, so it takes a loonie or a toonie to take a shower longer than five minutes.

Use a drip irrigation system. Significantly more water-efficient than sprinklers, drip irrigation allows water to seep directly to the roots of plants.

Harvest rainwater or graywater at home. "Many house-holds, historically, have captured rainwater in a cistern," he notes. "You can also collect graywater (used water from the sink, shower or laundry), filter it and use it for your lawn.'

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REACH HER GREEN I



I think Valentine's Day is just a greeting-card holiday, but my wife doesn't agree. Do you have any suggestions to please the greenhearted? Dan of Ot-

wo traditional gifts come to mind: flowers and chocolate. And it's not iust Valentine's Day they have in common. You can find Fair Trade-certified versions of both in most

parts of Canada.

Fair trade is based on a partnership between consumers and producers from the developing world, ultimately giving them a better deal and improved terms of trade. You're actually voting with your dollar and supporting farmers who are protected by a high level of ethical and economic standards.

Fair Trade certification ensures that producers and their families and communities in developing countries get an opportunity to improve their lives and plan for

the future — and it helps the environment.

You'll also discover the label on other products like spices, sugar, rice, fruit and even soccer balls. Another simple way to green up your bouquet shopping skills vear-round is to ask your florist for local, seasonal and organic flowers.

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Turning Point TERESA KRUZE

sorry but we've decided to go in another direction." You sit in stunned disbelief and realize IT has happened to you. You are now unemployed.

James Milligan of Vancouver had worked at a major telecom company for 12 years when he was laid off. But it didn't take him long to get back on his feet.

A course in sustain-

HAVING A BALL WITH HIS NEW BUSINESS

ability management allowed him to start his own company and make a difference in the lives of around the children world. Milligan is buying fair trade soccer balls from Pakistan and is helping to break the cycle of poverty by contributing to a fund where the workers can receive food, medical supplies and fresh water. His travels have led him to Uganda, Guatemala, Nicaragua and Mexico, where he is encouraging children to play soccer and discuss issues like post-conflict healing and domestic violence.

"I feel like I'm making a difference in a small way. I love my life right

Learn from James and other Canadians just like him. Take all of life's "pink slips" and turn them into new beginnings.

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As the economy recovers, it's going to become even more important for you to keep your ears open, your eyes tuned and brush up your hard and soft skills. Here are three tips to help you get ahead of the other job-seekers this year:

METRO

MOVE AWAY FROM THE TRADITIONAL RESUME

You were taught in college to create a resume out of a Microsoft Word document. Times have changed, and you need to create a virtual resume instead. First, complete your LinkedIn profile by filling out every field and asking for recommendations. Then, turn your profile into a resume by going to resume.linkedinlabs.com.

BRUSH UP ON YOUR SOFT SKILLS

A new Kelly Services research study of 100,000 people identi-fied verbal communication as the most important skill for professionals. I also recommend having a strong work ethic, a positive attitude, problem-solving skills, team building skills and the ability to be flexible in work environments

NETWORK ONLINE -THE RIGHT WAY

Using social networks to get a job is a great idea only if you invest time in connecting with the right people instead of updating your status with the last meal you ate. Forty-four percent of people said that they unfollow in Twitter because they get too many updates, a SmartBrief.com report said

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Talking to the teacher

Parent-teacher interviews can be stressful and far from enlightening But they don't have to be either

Parent-teacher night can sometimes be the most dreaded night of the year, when you scramble to spend two minutes each with a half-dozen teachers who may not even know your kid's name.

Avoid saying...

Accusing, blaming and being confrontational tends to close the door of communication, says Roxanne Farwick Owens, who recommends against the following sentences:

- "My kid has always gotten straight As. What are you doing that is making him get an F?
- "He says your class is so boring he can't stand to come to it. How can you expect him to pay attention?

You stumble down hallways, head up the down staircase, looking for the science lab or drama studio. Or you crowd in the cafeteria or gym with hundreds of other confused moms and dads, mispronouncing unfamiliar teachers' names as vou wait vour turn. Some teachers time the sessions, ending them with a digital beep; in other schools, student monitors keep the clock, interrupting your meeting when time is up.

If your kid's a straight A student, it probably won't be too painful — except for all the waiting. But if "needs improvement" was checked more than once on your child's report card, you could be in for a long, depressing night.

In fact, it can feel a little like speed-dating — except there's zero chance of love at first sight.

And it's so very different from elementary school, where one teacher, who spent as many waking hours with your child as you did, could hold forth for 15 minutes on your child's personality, talents and needs. Once kids get to Grade 6, a subject teacher may have 200 students in five different classes, and there's no time on parentteacher night for more than a summary of how yours is faring.

"I find parent-teacher nights very stressful," said Virginia Anagnos, whose son is a sophomore at a New York City public high school.

But she's come up with a good strategy for dealing with the "horse race." Report card in hand, she first identifies the subjects where her son scored the lowest grades, and signs up to see those teachers first.

"If the wait list is long, I identify other classes on the same floor to determine if I can see other teachers in the interim," she said. And she has her questions ready: Where can her son improve? What should he focus on at home? Are there websites or programs he should look into? How can she, as a parent, guide him?

Most important, "May I follow up with you via email in four weeks to check on his progress?"

Anagnos' approach is in keeping with what experts recommend. Roxanne Farwick Owens, chair of the teacher education department at DePaul University, says parents may need to schedule longer follow-up meetings if kids are having problems. But in many cases, you can make effective use of these brief meetings by getting basic "information about what's going on with the child and how the teacher, parent, and child can work together to improve the child's performance." Ask how the grade was determined - homework, tests, participation?



The Bard beyond the books

• Actor Michael Kelly is challenging teachers to get interactive with Shakespeare by way of his website

About 10 years ago, actor Michael Kelly came up with an idea for a cool Shakespearean teaching

What if he could share online videos of actors and drama teachers performing Shakespeare's works as a way to inspire budding thespians?

Technologically, the concept was a little ahead of its time but has finally been realized with Thursday's launch of the Shakespeare in Action Virtual Lab.

The website, shakespeareinactoion.org, which is free for students and teachers, includes lesson plans, videos of tutorials and rehearsal techniques, and a karaoke feature so students have a virtual partner to practice lines from Hamlet, Macbeth or Romeo and Juliet.

actor who has taught master classes for the Stratford Shakespeare Festival, says many teachers often find themselves out of their element when teaching Shakespeare, or helping to organize a drama production. "They're

obviously sometimes starved for resources and I think, in particular with Shakespeare,

Kelly, a Toronto-based

they're kind of left on their own," said Kelly, who founded the non-profit Shakespeare in Action in 1988 with a goal of exposing young audiences to

Shakespearean works.

➤ Michael Kelly, far right, hopes English teachers who previously wouldn't have conside drama as a part of their lesson plan will give it a try.

"If you're a teacher and vou come out of university. no one teaches you how to teach Shakespeare. Maybe your major was English but

so what? That doesn't mean you really know how to teach Shakespeare well and so you're sort of thrust into the classroom.' THE CANADIAN PRESS



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Education guide highlights black history in Canada

Students across the country are being provided with a primer on black history in Canada just in time for Black History Month.

The Historica-Dominion Institute is behind the Black History in Canada Education Guide, which has been shipped to more than 3,000 high schools. The institute is the country's largest charitable organization dedicated to Canadian history, identity and citizenship.

Jeremy Diamond, the institute's director of development and programs, said the idea stemmed from the success they had creating a similar campaign around Paul Gross's film Passchendaele a couple of years ago.

They encouraged the filmmakers to work with them on a public education campaign to help drive youngsters to the movies to learn more about the country's history and the First World War.

"What we wanted to do with this guide in a similar vein is to use a popular book, like The Book of Negroes, as a foray into learning about the experience of black history in Canada," Diamond said in a recent interview.

He said the guide focuses on the story of black Cana-dians and black history in Canada over 400 years, while drawing on Lawrence Hill's award-winning novel as an example of the black Canadian experience in the 19th century. The guide also includes a message from the author.

The Book of Negroes tells the story of an 11-year-old girl who is abducted from her village in West Africa and enslaved in North Carolina. She forges her way to



"Every day history's being written ... We need to continue to look at how black **Canadians** are continuing to make an impact in Canada."

JEREMY DIAMOND, HISTORICA-DOMINION INSTITUTE

freedom years later, serving the British in the Revolutionary War and registering her name in the Book of Negroes, a record of some 3,000 black Loyalists who left the U.S. to resettle in Nova Scotia.

Diamond said they use different subjects or themes such as slavery and human rights which they're able to draw from the book to explore the larger perspective of black history in Canada.

"We often think of the United States, we often think of the Civil War and slavery, but we have our own story here in Canada when it comes to black set-tlement," he said. "It's talked about in the book, and we expand on that as part of the guide to be used in the classroom."

The guide is supplemented with a website, blackhis torycanada.ca that has interactive learning tools and online resources. The guide is also accessible through

It also features a timeline of key events, from the arrival in 1605 of Mathieu Da Costa, a translator for Samuel de Champlain thought to be the first black person on Canadian soil, to Michaelle Jean becoming the country's first black governor general in 2005. THE CANADIAN PRESS



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Rodgers returns Packers to glory



Day hold off Steelers' late surge

Aaron Rodgers has turned the Green Bay Packers into Super Bowl champions once again.

Rodgers threw three touchdown passes and Nick Collins returned an interception for another, leading the Packers to a 31-25 victory over the Pittsburgh Steelers last night.

This was Green Bay's fourth Super Bowl title. The Packers won the first two Super Bowls with Vince Lombardi coaching Bart Starr, and captured another with Brett Favre in January 1997.

The Steelers trailed 21-3 before halftime. Ben Roethlisberger got them to within 28-25 midway through the fourth quarter with a touchdown pass and a nifty two-point conversion. The Packers answered with a field goal, giving Roethlisberger one last chance.

Needing to go 87 yards in 1:59 with one timeout left, Roethlisberger couldn't make it across midfield.

This was only the second time Pittsburgh has lost a Super Bowl. The Steelers still have the most wins with six.

The crowd at Cowboys Stadium was 91,060 paying attendees, or 103,219 counting "credentialed attendees." It fell short of the record.

Green Bay led 21-17 after three quarters, but the Packers were without cornerbacks Charles Woodson



PACKERS

S STEELERS

and Sam Shields and receiver Donald Driver.

The Steelers had the momentum, the experience and the crowd — tens of thousands of fans making things tough for Rodgers to bark out signals at times.

But on the first play of the fourth, with Pittsburgh possibly driving for a goahead touchdown, Rashard Mendenhall fumbled on a hit by Clay Matthews Jr. The Packers took over at their own 45-yard line.

Jennings caught his second TD pass of the game to give the Packers a 28-17 lead with 11:57 to play — their third touchdown following a takeaway.

The Packers' final points came on a 23-yard field goal by Mason Crosby with 2:07 left.

Green Bay jumped ahead 14-0 with touch-downs on consecutive plays: A 29-yard touch-down catch by Jordy Nelson, then Collins' interception.

THE ASSOCIATED PRESS

sports

Senators preview

Senators at Canucks 10 p.m. TV: Sportsnet Radio: AM 1200



Ottawa (17-28-8) is having a hard time with just about every NHL team these days. The Senators scored three first-period goals on Saturday night but still dropped a 5-3 decision to the New York Islanders. Ottawa has just one victory in its last 16



Everything is clicking for the Vancouver Canucks (34-10-9), who have won five straight games and sit on top of the NHL's overall standings. Goaltender Roberto Luongo has been stellar of late. He made 42 saves in Vancouver's 4-3 win over Chicago on Friday.

Caps make easy work of short-handed Pens

Bruce Boudreau wasn't apologizing for the Washington Capitals' 3-0 win over the short-handed Pittsburgh Penguins yesterday.

"They don't like us. We don't like them," Boudreau said. "That's the way it should be."

Boudreau was particularly feisty after the Capitals' eighth straight Super Bowl matinee win, a game in which David Steckel was targeted because of a hit on

Other results

Elsewhere in the NHL it was: Tampa Bay 4, St. Louis 3 (OT); and New Jersey 4, Montreal 1

Sidney Crosby on New Year's Day. Pittsburgh suffered its first loss in six games and was minus stars Evgeni Malkin (knee) and Crosby (concussion).

Mark Letestu is also out

four to six weeks with a knee injury.

The Capitals also were without injured players Alexander Semin, Tom Poti and Eric Fehr so Boudreau figured it more or less evened out.

evened out.

"We had no Semin. We had no Poti. We had no Fehr," Boudreau said.
"They've still got an awful lot of guys who won the Stanley Cup there."

THE CANADIAN PRESS

Sports in brief

Celtics guard bruises spine

NBA. Boston Celtics guard Marquis Daniels bruised his spinal cord in a collision yesterday and is expected to be sidelined at least a month.

"He's full function now. He's fine," said Danny Ainge, Boston's president of basketball operations. "We're going to keep him (in the hospital) overnight just to go through some tests, but he's fine."
THE ASSOCIATED PRESS

Wilson leads Phoenix Open

GOLF. Mark Wilson had a two-stroke lead in the Phoenix Open when play was suspended yesterday because of darkness.

Wearing a yellow visor and green shirt in support of his beloved Packers, the Wisconsin player broke a tie with Tommy Gainey with a 15-foot birdie putt on the par-3 12th. Gainey three-putted for a bogey on the hole. THE ASSOCIATED PRESS



NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	VV	L	OIL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	53	35	13	2	3	180	137	75	18-7-0-2	17-6-2-1	8-2-0-0	W2
d-Tampa Bay	54	33	16	3	2	164	162	71	18-5-1-1	15-11-2-1	7-3-0-0	W1
d-Boston	53	30	16	2	5	161	119	67	14-10-1-2	16-6-1-3	6-4-0-0	L1
Pittsburgh	54	34	16	2	2	164	122	72	19-9-1-0	15-7-1-2	8-2-0-0	L1
Washington	54	29	15	5	5	150	134	68	17-5-2-5	12-10-3-0	5-2-1-2	W2
Montreal	54	30	19	4	1	139	131	65	18-7-3-1	12-12-1-0	6-2-1-1	L1
NY Rangers	55	29	22	2	2	153	135	62	12-12-1-2	17-10-1-0	3-6-0-1	L4
Carolina	53	26	21	2	4	159	164	58	14-9-1-1	12-12-1-3	5-5-0-0	W1
Atlanta	55	24	21	4	6	158	178	58	12-11-1-4	12-10-3-2	2-5-1-2	L3
Buffalo	51	24	22	5	0	145	149	53	12-12-1-0	12-10-4-0	6-4-0-0	W1
Florida	52	23	23	2	4	140	141	52	11-8-2-3	12-15-0-1	3-3-1-3	W1
Toronto	52	21	26	2	3	133	162	47	12-11-2-2	9-15-0-1	3-6-0-1	L1
New Jersey	53	19	30	3	1	113	154	42	10-13-2-1	9-17-0-1	7-1-2-0	W1
Ottawa	53	17	28	5	3	117	174	42	9-15-2-2	8-13-3-1	1-7-1-1	L9
NY Islanders	52	17	28	3	4	128	169	41	9-12-1-3	8-16-2-1	4-6-0-0	W1

WESTERN CONFERENCE L OTL SL GF GA Pts Home

d-Vancouver	53	34	10	4	5	179	125	77	18-3-1-4	16-7-3-1	6-1-1-2	W5
d-Detroit	52	31	15	4	2	173	154	68	15-7-3-1	16-8-1-1	4-5-0-1	L2
d-Dallas	53	30	18	1	4	152	150	65	16-7-1-3	14-11-0-1	5-5-0-0	L3
Nashville	53	28	18	4	3	141	125	63	12-4-3-3	16-14-1-0	5-4-0-1	W1
San Jose	53	28	19	4	2	150	144	62	13-10-2-1	15-9-2-1	7-2-0-1	W3
Anaheim	54	29	21	2	2	146	150	62	17-8-0-1	12-13-2-1	7-3-0-0	W1
Phoenix	54	26	19	6	3	153	156	61	11-10-3-2	15-9-3-1	4-6-0-0	W1
Los Angeles	53	29	22	1	1	150	129	60	17-9-1-0	12-13-0-1	6-3-0-1	W2
Minnesota	52	27	20	1	4	135	138	59	12-11-0-2	15-9-1-2	6-4-0-0	L1
Calgary	54	26	21	2	5	154	160	59	14-9-0-2	12-12-2-3	7-1-1-1	L1
Chicago	52	27	21	2	2	167	147	58	16-13-0-0	11-8-2-2	6-3-0-1	L1
Colorado	52	25	21	6	0	164	172	56	14-13-3-0	11-8-3-0	4-6-0-0	L3
Columbus	52	25	22	3	2	141	162	55	13-12-0-1	12-10-3-1	5-3-1-1	W2
St. Louis	51	23	20	4	4	138	153	53	16-8-1-2	7-12-3-2	3-5-2-0	L1
Edmonton	52	15	29	1	7	129	180	38	7-14-1-3	8-15-1-3	1-8-0-1	L4

 $\label{eq:def} \textbf{d}-\text{division leaders ranked 1-2-3 regardless of points; at earn winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.$

Nashville 3 Detroit 0

Philadelphia 3 Dallas 1 Phoenix 1 Minnesota 0 San Jose 2 Boston 0

Atlanta at Toronto, 7 p.m. N.Y. Rangers at Detroit, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

Colorado at Phoenix, 9:30 p.m.

Ottawa at Vancouver, 10 p.m.

Goal — N.Y. Rangers: Biron (L,8-5-0)' Montreal:

Price (W,26-16-5). **Power plays (goals-chances)**— Montreal: 0-2; N.Y. Rangers: 0-4.

Attendance - 21 273 (21 273) at Montreal

SABRES 6, MAPLE LEAFS 2

First Period
1. Buffalo, Pominville 12 (Vanek) 3:31

Cormick Buf (cross-checking) 9:48, Brent To

(high-sticking) 14:16, Weber Buf (slashing) 17:03.

Second Period 3. Buffalo, Gaustad 7 (Grier, Niedermayer) 4:19
4. Buffalo, Gonolly 7 (Vanek, Stafford) 7:14 (pp)
5. Toronto, Kulemin 18 (Schenn) 8:50 (sh)
6. Buffalo, Stafford 17, 14:22
Penalties – Komisarek Tor (roughing) 6:05,
Boyce Tor (tripping) 7:53, Kaberle Tor, Byron
Buff (unsordermalities onduth) Komisarak

Buf (unsportsmanlike conduct), Komisarek

7. Toronto, Beauchemin 2 (Versteeg, Armstrong)

Butfalo 12 18 13–43 Goal (shots-saves) — Toronto: Reimer (L,5-4-0) (30-25), Giguere (start third)(13-12); Buffalo: Miller (W,22-15-4).

Power plays (goals-chances) — Toronto: 0-3;

Referees — Wes McCauley, Dan O'Rourke.
Linesmen — Pierre Racicot, Anthony Sericolo.

Attendance — 18,264 (18,690) at Buffalo.

10 8 7-25 12 18 13-43

Tor, McCormick Buf (fighting) 13:09, Pominville Buf (tripping) 17:21.

Shots on goal by

cond Period

Third Period

8 Ruffalo Vanek 19 16:43 enalties — None. hots on goal by

Chicago at Calgary, 9:30 p.m.

Vesterday's results New Jersey 4 Montreal 1
Tampa Bay 4 St. Louis 3 (OT)
Washington 3 Pittsburgh 0 Saturday's results Montreal 2 N.Y. Rangers 0 Buffalo 6 Toronto 2 Columbus 4 Edmonton 3 Los Angeles 4 Calgary 3 (SO) N.Y. Islanders 5 Ottawa 3 Anaheim 3 Colorado 0

Carolina 4 Atlanta 3 (OT) **DEVILS 4, CANADIENS 1**

First Period

1. New Jersey, Zubrus 12, 1:12 Penalties — Pacioretty Mtl (holding) 6:41, Talinder NJ (hooking) 12:39.

Second Period

3. New Jersey, Zajac 9 (Volchenkov) 3:16

4. Montreal, Subban 6 (Gomez, Pacioretty) 6:32

Penalty — Pacioretty Mtl (goaltender interfer-

ence) 12:41. Third Period

New Jersey, Kovalchuk 17 (Zajac) 18:39 (en)
 Penalty — Gomez Mtl (misconduct) 18:39.

Shots on goal by New Jersey 5 10-26 11 Goal (shots-saves) — New Jersey: Brodeur (W,13-19-2)(11-11), Hedberg (start second, 15-14); Montreal: Price (L,26-17-5). Power plays (goals-chances) — New Jersey: 0-2; plays (goals-chances) — New Jersey: 0-2; Montreal: 0-1. Attendance — 21,273 (21,273) at Montreal.

SATURDAY

CANADIENS 2, RANGERS 0

CANADIENS 2, KANGERS U
First Period – No Scoring.
Penalties – Sauer NPR (interference) 6:14, Picard Mtl, Avery NPR (fighting), Moen Mtl
(roughing), Weber Mtl (cross checking), Prust
NPR (slashing, roughing) 14:36.
Second Period
1. Montreal, Gomez 7 (Picard, Weber) 18:34
Penalties – Kostitsyn Mtl (boarding) 1:31,
Subban Mtl (tripping) 6:21, Picard Mtl (interference) 9:40, Subban Mtl (tripping) 6:21, Picard Mtl (inter-

ference) 9:40, Subban Mtl (high sticking) 15:56.

2. Montreal, Plekanec 18 (Subban) 19:42 (en) Penalty — Prust NYR (interference) 0:46.

ISLANDERS 5. SENATORS 3

2. Ottawa, Neil 3 (Fisher) 4:23

2. Ottawa, Neil 3 (Fisher) 4:23
3. NY, Islanders, Grabner 16 (Nielsen, Wishart) 9:44
4. Ottawa, Fisher 14 (Kelly, Campoli) 12:20
5. Ottawa, Kovalev 11 (Regin, Campoli) 17:11
6. NY, Islanders, Schremp 8 (Colliton, Wishart) 17:28
Penalties — Z.Smith Ott, Martin NYI (fighting) 3:08, Campoli Ott (hooking) 5:42.

Second Period — No Scoring.
Penalties — Tavares NYI (interference) 14:04,

Kuba Ott (tripping) 15:39, Michalek Ott, Tavare: NYI (roughing, roughing), MacDonald NYI (mis-conduct) 17:20, Phillips Ott (interference) 19:5! Lehner Ott (elbowing; served by Foligno) 20:00.

Third Period
7. N.Y. Islanders, Schremp 9 (Hamonic, Grabner)

1:39 (pp)
8. N.Y. Islanders, Nielsen 6 (Hamonic) 19:51 (en, sh)
Penalties — Karlsson Ott (delay of game)
12:09, MacDonald NYI (tripping) 18:15.
Shots on goal by

Ottawa 6 8 9–23 N.Y. Islanders 13 12 13–38 Goal (shots-saves) – Ottawa: Elliott (13-10), Lehner (L.1-2-0) (start second) (24-23); N.Y. Islanders: Poulin (W/4-2-1). Power plays (goals-chances) – Ottawa: 0-2; N.Y. Islanders: 1-5. Att. – 10,415 (16,234) at Uniondale, N.Y.

BLUE JACKETS 4, OILERS 3

BLUE JACKETS 4, OILERS 3
First Period
1. Edmonton, Paajarvi 8 (Omark, Gagner) 2:14
2. Edmonton, Penner 17 (Hennsky, Smid) 7:44
3. Columbus, Umberger 18 (Vermetker, Tyutin) 14:19
Penalties — Vandermeer Edm. Dorsett Clb (Slashing) 5:13, Smid Edm (high-sticking) 8:47, Voracek
Clb (tripping) 10:11, Dorsett Clb (slashing) 12:09,
Vandermeer Edm (cross-checking) 17:36.
Second Period
4. Columbus, Huselius 10 (Umberger, Citisome) 14:35
Penalties — Nash Clb (oaaltender interfer-

Penalties - Nash Clb (goaltender interference), Brassard Clb (unsportsmanlike con-duct) 3:18, Voracek Clb (hooking) 9:54. Third Period

5 Edmonton Paaiarvi 9 (Omark Gagner) 5:31 5. Edmonton, Paajarvi 9 (Omark, Gagner) 5:31 6. Columbus, Umberger 19 (Russell, Vermette) 13:44 7. Columbus, Huselius 11 (Umberger, Russell) 16:00 Penalty – Cogliano Edm (interference) 10:28. Shots on goal by Edmonton 10 8 8—26 Columbus 10 9 15—34

Goal — Edmonton: Khabibulin (L.8-24-2): Columbus Mason (W,17-13-2). **Power plays (goals-chances)**— Edmonton: 0-5; Columbus: 0-3. **Att.** — 18,370 (18,144) at Columbus, Ohio.

KINGS 4, FLAMES 3 (SO)

First Period

6 19-35 11 6-29

1. Los Angeles, Scuderi 2 (Williams, Smyth) 0:39 2. Calgary, Regehr 1 (Tanguay, Morrison) 1:21 3. Los Angeles, Brown 18 (Williams, Johnson) Buffalo, Stafford 16 (Leopold, Myers) 5:52 (pp)
 Penalties — MacArthur Tor (hooking) 5:23, Mc-

— Tanguay Cal (hooking) 5:10. Second Period

Second Period4. Calgary, Tanguay 13 (Morrison, Iginla) 0:45
5. Los Angeles, Williams 19 (Loktionov, Brown) Penalties — Mitchell I. A (holding) 4:17. Greens

Penalus — Mitchel Et (Infoling) 4.17, Green LA (roughing) 7:11, Bourque Cal (hooking) 8:53, Bourque Cal (hooking) 15:15, Regehr Cal (high-sticking) 16:05. Third Period

Third Period

6. Calgary, Tanguay 14 (Morrison, Iginla) 11:15 (pp)
Penalties – Kopitar LA (holding) 10:13, Stoll

LA (holding) 11:15.
Overtime – No Scoring.
Penalties – None.
Shootout – Los Angeles wins 3-2
Calgary (2) – Bourque, goal; Tanguay, goal, Jokinen, miss; Glenoros, miss, Morrison, miss; Iginla, miss; Bouwmeester, miss; Los
Angeles (3) – Handzus, goal; Stoll, goal, Kopitar, miss; Johnson, miss; Brown, miss; Doughty, miss; Doughty, miss; Milliams, goal.
Shots on goal by

 Shots on goal by
 13
 15
 4
 1–33

 Los Angeles
 13
 15
 4
 1–33

 Calgary
 12
 15
 7
 1–35

 Goal – Los Angeles: Quick (W,24-14-1), Calgary: Horvosoff (L,22-18-3). Power-plays

 Goals-chances) – Los Angeles: 1-4; Calgary:

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 Shots on goal by Los Angeles

1-4. **Attendance** — 19,289 (19,289) at Calgary.

NFL

SUPER BOWL XLV

Last night's result At Arlington, Texas

Green Bay (NFC) 31 Pittsburgh (AFC) 25

RECENT SUPER BOWL RESULTS 2010—New Orleans (NFC) 31 Indianapolis (AFC) 17 2009—Pittsburgh (AFC) 27 Arizona (NFC) 23 2009—Pittsburgh (AFC) 27 Aircran (NFC) 23
2008—Nt. Giants (NFC) 17 New England (AFC) 14
2007—Indianapolis (AFC) 29 Chicago (NFC) 13
2008—Nt. Giants (NFC) 17 New England (AFC) 14
2007—Indianapolis (AFC) 29 Chicago (NFC) 17
2006—Pittsburgh (AFC) 21 Seattle (NFC) 10
2005—New England (AFC) 29 Starling (NFC) 29
2003—Tampa Bay (NFC) 48 OABland (AFC) 21
2002—New England (AFC) 29 St. Louis (NFC) 17
2000—St. Louis (NFC) 23 Tennessee (AFC) 16
1999—Denver (AFC) 34 NrC (AFC) 31
1999—Pollars (AFC) 31 Stew England (AFC) 21
1999—Oallars (NFC) 29 Tittsburgh (AFC) 17
1999—San Francisco (NFC) 49 San Diego (AFC) 26
1999—Dallars (NFC) 29 Tittsburgh (AFC) 17
1999—San Francisco (NFC) 49 San Diego (AFC) 26
1999—Dallars (NFC) 30 Biffallo (AFC) 21

1994—Dallas (NFC) 30 Buffalo (AFC) 13 1993—Dallas (NFC) 50 Buffalo (AFC) 17 1992—Washington (NFC) 37 Buffalo (AFC) 24 1991—N.Y. Giants (NFC) 20 Buffalo (AFC) 19 1990—San Francisco (NFC) 55 Denver (AFC) 10 San Francisco (NFC) 20 Cincinnati (AFC) 16
 Washington (NFC) 42 Denver (AFC) 10
 N.Y. Giants (NFC) 39 Denver (AFC) 20 1986—Chicago (NFC) 46 New England (AFC) 10 1985—San Francisco (NFC) 38 Miami (AFC) 16

NCAA FOOTBALL

Saturday's result At San Antonio, Texas Texas 13 The Nation 7

CURLING

CANADIAN JR CHAMPIONSHIP At Calgary

Yesterdav's results Semifinal

Ontario (Camm) 6 Newfoundland & Labrado

(C.Thomas) 4

Championship
Saskatchewan (Moskowy) vs. Ontario (Camm)

Saskatchewan (Paulsen) 7 Manitoba (Meakin) 6

Championship Saskatchewan (T.Paulsen) 6 Alberta (Chyz) 4

TENNIS

CANADA-SERBIA FED CUP

At Novi Sad, Serbia (Serbia wins 3-2)

Yesterday's results — Reverse Singles Aleksandra Wozniak, Blainville, Que., def. Aleksandra Krunic, Serbia, 7-6 (3), 6-3. Bojana Jovanovski, Serbia def. **Rebecca Marino**, ancouver, 6-0, 6-4.

DoublesTamara Curovic and Ana Jovanovic, Ser Hallard Aurovict and Hallard Jovanovic, Serbia, def. Sharon Fichman, Toronto, and Marie-Eve Pelletier, Repentigny, Que., 7-6 (5), 6-4. Saturday's results — Singles Rebecca Marino, Vancouver, def. Aleksandra Krunic, Serbia, 6-3, 3-6, 7-5. Bojana Jovanovski, Serbia, def. Aleksandra Wozniak, Blainville, Que., 6-4, 7-5.

ATP SA OPEN

AIP SA OPEN
At Johannesburg, South Africa
Yesterday's results
Singles — Championship
Kevin Anderson (4), South Africa, def.
Somdey Devvarman, India, 4-6, 6-3, 6-2.
Doubles — Championship
James Cerretani, U.S., and Adil Shamasdin,
Pickering, Ont., def. Scott Lipsky and Rajeev
Ram (1), U.S., 6-3, 3-6, 10-7 tiebreak.

ATP PBZ ZAGREB INDOORS

festerady 5 Teauro Singles — Championship Ivan Dodig, Croatia, def. Michael Berrer (8),

GOLF

PGA PHOENIX OPEN

At Scottsdale, Ariz.
Par 71 (35-36)
Partial Fourth Round
(32 players did not complete round and will finish today)
Wiley Simb 69-65-68-66-268 69-65-68-66-268 70-66-65-68-269 65-70-67-67-269 69-68-66-67-270 70-66-67-69-67-270 69-68-65-70-271 69-68-65-70-272 68-66-69-69-272 72-64-65-72-273 70-66-68-69-273 Nick Watney J.B. Holmes Brandt Snedeker Webb Simpson Ryuji Imada Cameron Beckman Brian Gay D.A. Points Frank Lickliter II Frank Lickliter II Rory Sabbatini Pat Perez Alex Prugh William McGirt Brendon de Jong Dustin Johnson 72-64-65-72-273 70-66-68-69-273 69-67-67-70-273 70-67-66-70-273 70-65-68-70-273 67-72-68-66-273 64-73-70-67-274 65-71-68-70-274 Charley Hoffman Hunter Mahan 68-68-68-70-274 68-68-68-70-274
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70-71 Bubba Watson Lucas Glover Matt Bettencourt Tom Lehman Charlie Wi Hunter Haas Fred Couples
Marc Leishman
Chris Kirk
Jimmy Walker
Brian Davis
Brendan Steele John Rollin Martin Pille 72-66-68-72—278
70-66-73-70—279
69-68-70-73—280
70-67-73-71—281
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68-67-71-75—281
65-73-70-73—281
70-68-68-75—281 Jeff Maggert Bill Lunde Jarrod Lyle Bryce Molder Robert Allenby Jason Bohn

65-71-72-74—282 71-67-70-74—282 72-66-67-78—283 68-70-71-74—283 Michael Putnam Andres Romero Brett Wetterich

WOMEN'S AUSTRALIAN OPEN

Par 73 Final Round

Stephen Ames Tom Gillis

Yani Tseng Melissa Reid 70-67-68-71-276 70-73-72-68-283 69-70-70-74-283 67-72-69-75-283 67-73-74-71-285 72-71-70-73-286 Ji Eun-hee Jiyai Shin Jennifer Song Sandra Gal Karrie Webb Cindy LaCross

72-71-70-73-286
72-71-74-0-287
72-68-73-74-287
73-71-67-6-287
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71-74-273-290
71-74-273-290
71-74-73-73-73
72-74-71-74-291
72-74-71-74-291
72-74-71-74-291 Katherine Hull Karen Stupples Nikki Campbell Ryu So-yeon
A-Lydia Ko
Mariajo Uribe
Christel Boeljon
Rebecca Brewer
Laura Davies
Jeehae Lee
Christina Kim Hannah Jun Tiffany Joh 70-72-71-77-290 72-74-71-74-291 71-72-71-76-291 71-72-74-75-292 68-76-73-75-292 69-76-72-75-292 72-74-71-75-292 73-73-70-76-292 Rachel Bailey Caroline Masson

Oark You-na FUROPEAN PGA

Nicole Garrett Frances Bondao

QATAR MASTERS At Doha, Qatar Par 72 Final Round

74-65-66-69-274 75-69-68-68-278 71-66-69-73-279 77-68-66-68-279 75-69-68-68-280 70-69-69-74-282 Thomas Bjorn Alvaro Quiros Markus Brier Rafael Cabrera-B David Howell Robert Karlsson era-Bello Thomas Aiken 71-69-69-73-282 74-71-68-69-282 73-73-69-68-283

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	38	12	.760	_
d-Miami	37	14	.725	11/2
d-Chicago	34	15	.694	31/2
Atlanta	33	18	.647	51/2
Orlando	32	20	.615	7
New York	26	24	.520	12
Philadelphia	23	27	.460	15
Indiana	21	27	.438	16
Charlotte	21	29	.420	17
Milwaukee	19	30	.388	181/2
Detroit	19	32	.373	191/2
New Jersey	15	37	.288	24
Toronto	14	37	.275	241/2
Washington	13	37	.260	25
Cleveland	8	43	.157	301/2

WESTERN CONFEDENCE

MATO I FIVIA COL	ALTI	LIT		
	W	L	Pct	GB
d-San Antonio	42	8	.840	_
Dallas	35	15	.700	7
d-L.A. Lakers	35	16	.686	71/2
d-Oklahoma City	33	17	.660	9
New Orleans	32	20	.615	11
Denver	30	21	.588	121/2
Utah	30	22	.577	13
Portland	27	24	.529	151/2
Memphis	27	25	.519	16
Phoenix	23	25	.479	18
Houston	24	28	.462	19
Golden State	22	27	.449	191/2
L.A. Clippers	19	31	.380	23
Sacramento	12	35	.255	281/2
Minnesota	11	39	.220	31
d - division leader				

Yesterday's results Boston 91 Orlando 80 Indiana 105 New Jersey 86 Miami 97 L.A. Clippers 79 New York 117 Philadelphia 103

New York 117 Philadelphia 103
Saturday's results
Atlanta 99 Washington 92
Dallas 101 Charlotte 92
Denver 113 Minnesota 100
Detroit 89 Milwaukee 78
Golden State 101 Chicago 90
Houston 95 Memphis 93 (OT)
L.A. Lakers 101 New Orleans 95
Wlaboma (th. 121 Hab. 105

Oklahoma City 121 Utah 105 Portland 111 Cleveland 105 Tonight's games

ionignrs games
(all times Eastern)
Boston at Charlotte, 7 p.m.
L.A. Lakers at Memphis, 8 p.m.
Minnesota at New Orleans, 8 p.m.
Cleveland at Dallas, 8:30 p.m.
Houston at Denver, 9 p.m.
Chicago at Portland, 10 p.m.
Lith at Scremento, 10 p.m. Utah at Sacramento, 10 p.m. Phoenix at Golden State, 10:30 p.m.

TRANSACTIONS

COLORADO AVALANCHE — Signed C Peter

LACROSSE

EAST DIV	EAST DIVISION													
	GP	W	L	Pct.	GF	GA	GB							
Toronto	6	4	2	.667	69	59	-							
Buffalo	5	3	2	.600	53	50	1/2							
Rochester	5	3	2	.600	49	54	1/2							
Boston	7	4	3	.571	64	53	1/2							
Philadelphia	6	3	3	.500	52	56	1							

lgary	6	4	2	.667	71	69	_
innesota	5	3	2	.600	58	52	1/2
ashington	6	3	3	.500	69	72	1
lorado	5	1	4	.200	47	51	21/2
monton	5	0	5	.000	44	59	31/2
turday's r	esul	ts					

WEST DIVISION



Crossword

12

15

18

24 25 26

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42 43

49

52

55

- 1 Mates of ahs 5 Civil War soldier 8 Suitcases
- 12 Voting coalition 13 Right angle
- 14 Modern-day coin
- 15 Smell
- 16 Highly rated 18 Igloo dweller
- 20 Bury 21 One of Henry VIII's
- Catherines 23 Pick a target
- 24 Unfaithful one 28 Exceptional
- 31 Water (Fr.) 32 Pastoral tribe of
- Kenya 34 2.000 pounds
- 35 Bohemian 37 Bicycle type
- 39 Suitable 41 Outside (Pref.)
- 42 Perfect place 45 Zoomina vehicle 49 Old British coin
- 51 45-Across, for one
- 52 Duel tool 53 "- Town"
- 54 Fit of peevishness 55 Carousel, e.g.
- 56 Ultra-modernist 57 Pianist Dame Myra
- Down 1 Reed instrument
- 2 Bygone car maker
- 3 Fisherman's item 4 Scenario
- 5 Alter a disc, maybe
- 6 "Xanadu" band's ini-
- tials
- 8 Rouse to action
- 7 Green minus vellow

- 10 Metric measure 11 Take up like a
- sponge
- 17 Genetic abhr
- 19 Cripple
- 22 View anew 24 Afternoon affair
- 25 Armed conflict 26 Was cleverer than
- 27 Cattle farm worker
- 29 Shad product
- 30 Conclusion
- 33 Analogy phrase
- 36 "Whee!"
- 38 Soap ingredient

- 40 Dead heat 42 Addict
- 43 Conical tent (Var.)

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- 44 In due time 46 Mysterious letter
- 47 Elevator man
- 48 Connect the -50 Poolroom stick

➤ Yesterday's answer EIOIP EILIOIG HIAIRIM

	F	O	P		F	L	O	G		н	Α	н	M
	Е	М	U		L	Α	٧	Е		Α	R	T	Α
	Т	Е	М	Р	0	R	Α	L		R	Е	D	S
ı	Α	Ν	Α	L	0	G		Α	Р	Е			
- 1				Α	D	0		Т	Е	М	Ρ	Т	S
	L	Α	W	Ν	S		J	1	G		Е	Υ	Е
	Α	С	Н	Е		٧	Α	Ν		Р	Α	Р	Α
	S	R	0		F	1	G		Е	U	L	Е	R
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- 1				Α	R	1		R	Α	1	S	1	Ν
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	Ρ	Е	Т	Е		R	1	D	Е		Е	M	P

Sudoku

	9	5		7				8
	8					4		
6		2		1	9			
		4	6			9		
			9		7			
		1			5	7		
			7	6		1		3
		7					5	
4				3		6	2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Today

Yesterday's answer ▶

0°/-16°

* Flurries

70%

8	3	6	7	2	1	9	5	4
4	5	9	8	6	3	2	7	1
7	9	3	6	1	8	5	4	2
5	2	4	9	3	7	1	8	6
6	8	1	2	4	5	7	9	3
3	6	5	4	7	2	8	1	9
9	1	8	3	5	6	4	2	7
2	4	7	1	8	9	3	6	5

-12°/-16°

Variable

Tuesday

1 7 2 5 9 4 6 3 8

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Mommy, I hope you have the happiest of birthdays!! I wish I was there to celebrate with you but you're in my thoughts. Kick up your feet and relax today! Love you,

YOUR PRINCESS IZABELKA

Pierre boo, I love you so much, you are my world, my everything. I'm glad you were sent to me, I cherish everything we have. $\ensuremath{\mathtt{RAE}}$

Andia, You are the best gift I have ever received! Thanks for being with me in every second of this beautiful life Aroosakam!

Chemoud, Who knew a year would go by this quickly? I love you so much and I can't wait to spend more and more time with you and fall even more in love with you. Always and only yours!! BEC BEC

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T Aries March 21-April 20 If

Today's horoscope

you try to make the facts fit the conclusions you have already reached you will find yourself in trouble very quickly. Not everyone is as gullible as you sometimes like to think

¥ Taurus April 21-May 21 You seem to be extremely popular at the moment, and long may it continue, but could it be that some people are flattering you in the hope that they might get something out of it?

II Gemini May 22-June 21 You have never been one to follow the herd and you are not about to start now. The more others urge you to believe what everyone else believes the more you will resist the pressure to conform

Gancer June 22-July 22 Your thinking seems to be a bit confused at the moment, so don't put too much trust in what your mind tells you.

Ω Leo July 23-Aug.23 You may be supremely confident of your abilities but even a Leo needs a helping hand once in a while – and you'll need it today. Don't just sit there looking pathetic hoping that someone will notice your plight.

W Virgo Aug. 24- Sept. 22 You may be good at keeping secrets but you are also tempted to use what you know about a certain person to further your own interests.

← Libra Sept. 23-Oct. 23 There are occasions when telling the

truth can cause more problems than it solves. Before you open your mouth today ask yourself if a friend really wants to know what is going on behind their back.

M Scorpio Oct. 24-Nov. 22 What seems like a nailed on fact early in the day may turn out to be a fantasy later on, so be careful what you allow yourself to believe. Just

₹ Sagittarius

Nov. 23-Dec. 21 You may be tempted to dabble in something that promises big rewards for a relatively small risk, but is that really such a great idea?

り Capricorn Dec. 22-Jan. 20 What you hear today is only

Available on the App Store

half what you need to know before you are in a position to make a decision, so don't let others pressure you into choosing too soon.

Aquarius Ian. 21-Feb. 18 A friend's ailment will remind you that health is precious and must be looked after. Start the week slowly and don't do anything risky.

H Pisces Feb. 19-March 20 Before agreeing to a deal or signing a contract make sure you will be able to deliver on time. If you are not 100 per cent certain you can do that it might be best to give it a miss. SALLY BROMPTON



() Em

You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's



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